



UNIVERSAL JUMP ROPE
PRODUCTION



CO-HOSTED BY:



UNIVERSAL JUMP ROPE
PRODUCTION



中國香港跳繩體育聯會
HONG KONG ROPE SKIPPING FEDERATION, CHINA

PARTNERSHIP WITH:



奧海城
Olympian City



SINO GROUP
信和集團

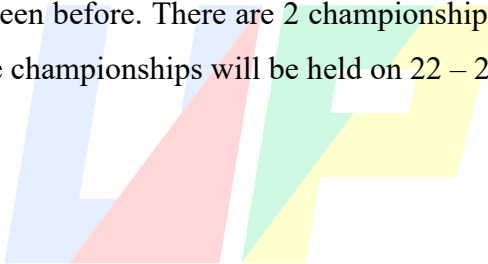
<https://ujumprope.org/>

Remarks

Welcome to The Universal Jump Rope.

The Universal Jump Rope is a group of the admirers of jump rope. We believe in an importance of exercise and aim to explore the jump rope world to be sociable with other jumpers all around the world. We have confidence in “Jump Rope” which can be seen to provide a useful way of creating an environment in which people can play together, work towards the same goal, show respect for others and share their passion.

The UJR Hong Kong 2025 will present the unique format of jump rope championship that you haven't ever seen before. There are 2 championships: UJR Sport For All and UJR World Series. The championships will be held on 22 – 23 March 2025.



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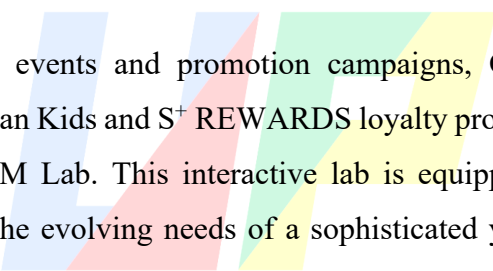
Competition Venue

Olympian City 2 Central Atrium

Google Map: <https://g.co/kgs/X96CqQj>

Located at the heart of the 'Golden Circle', Olympian City is West Kowloon's premier shopping destination—comprising 800,000 square feet of retail space and more than 300 shops. Olympian City features over 70 dining options worldwide, while diners can savour European and Asian cuisines in an al fresco setting. Visitors can discover an impressive range of stores from renowned brands in fashion, beauty, sports, healthcare and kids' products.

In addition to regular events and promotion campaigns, Olympian City engages customers with Olympian Kids and S⁺ REWARDS loyalty programme, also introduces the first-ever OC STEM Lab. This interactive lab is equipped with state-of-the-art facilities that cater to the evolving needs of a sophisticated young audience. A wide spectrum of tailored activities and workshops is offered to spark their potential, widen their vision, unleash their creativity, and engage the community in building a better future through technology.

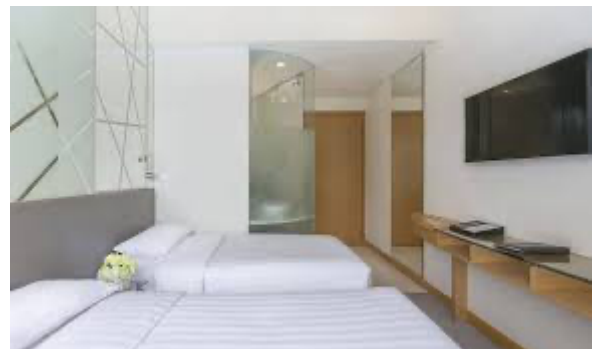


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Accommodation Recommendation

Dorsett Mongkok, Hong Kong (4 star hotel)

Stay in one of Hong Kong's most vibrant districts at the Dorsett Mongkok hotel, a TripAdvisor Traveller's Choice for 12 years. Our award-winning Kowloon hotel is nestled between the bustling districts of Mong Kok and Tai Kok Tsui, a short 7-minute walk from the Olympic MTR station, and a perfect location for exploring everything that Kowloon and Hong Kong have to offer.



Hilton Garden Inn Hong Kong Mongkok (4 star hotel)

Hilton Garden Inn Hong Kong Mongkok in Kowloon's major shopping district, surrounded by shops, restaurants, bazaars, and nightlife. Langham Palace, Nathan Street, Mong Kok, and Yau Ma Tei MTR station, linking to Hong Kong International Airport, are all within a 10-minute walk.



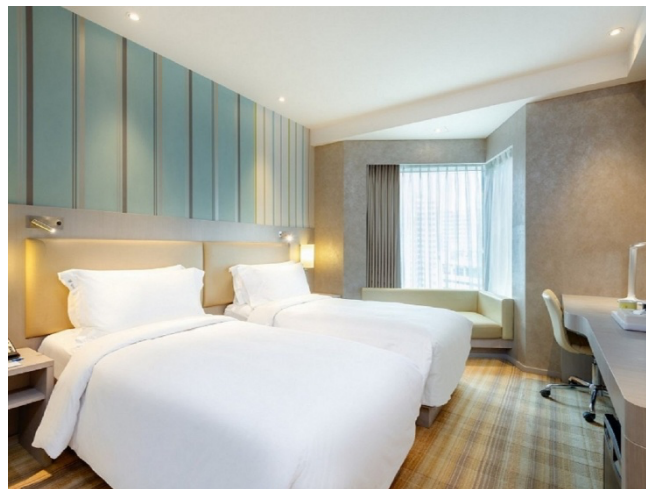
Metroplace Boutique (3 star hotel)

Metroplace Boutique Hotel Hong Kong is a great choice for travelers looking for comfort and convenience. Located just 0.8mi from the famous Ladies Market, this hotel is the perfect base to explore all that Hong Kong has to offer. Guests can enjoy easy access to the city's must-see destinations while taking advantage of the range of amenities provided by the hotel.



Holiday Inn Express Hong Kong Mongkok, an IHG Hotel (3 star hotel)

Holiday Inn Express Hong Kong Mongkok, an IHG Hotel, located at 1 Dundas Street with 147 comfortable guest rooms, was opened on 30 Apr 2015. By walking for around 5-8 minutes from Exit C4 of Mongkok MTR Station or Exit A1 of Yau Ma Tei MTR Station, guests can conveniently access to the hotel. Being located near to tourist attractions including Tung Choi Street (Ladies Market), Fa Yuen Street, Langham Place & the new popular mall – T.O.P, guests can explore nearby tourist attractions at any time with just around 8-minute walking distance. WiFi and set breakfast for maximum 2 persons are included for each room. Besides, there are also gym equipment and self-service washing machine. All this makes the hotel a perfect choice for leisure travelers.



Competition

Competition Structure

1. UJR World Championship
2. UJR World Cup: 10 athletes per team, Mixed Gender and no age division

Championship Events:

1. UJR Sport For All

Championship Events	Age Division	Gender Division	22/3 Sat
Speed 1x30 Seconds	7 or below/8/9/10/11/ 12/13/14/15/ 16 or above	Male/Female	✓
Speed 1x30 Seconds Double Under			✓
Speed 1x30 Seconds Cross			✓
Speed 1x30 Seconds Burpees			✓
Speed 30 Seconds American Wheel	8 or below/9-11/12- 14/15 or above	Male/Female/ Mix/Parent- Child	✓

Note: The age division of the pair is determined by the oldest athlete's age.

2. UJR World Series

Show Competition Format	Tournament Format
Double Dutch Fusion 2-3 mins (Open)	Speed 2x30 seconds (Mixed)
Team Show 2-3 minutes (Open)	Speed 1x30 Seconds (Male/Female)
	Individual Freestyle 60-90 Seconds (Male/Female)
	Double Dutch Speed 60 Seconds (open)
	Triple Unders (male/female)

	22/3 Sat afternoon	23/3 Sun
Speed 1x30 Seconds		✓

Speed 2x30 seconds		✓
Individual Freestyle 60-90 Seconds		✓
Double Dutch Speed 60 Seconds		✓
Double Dutch Fusion 2-3 mins	✓	
Team Show 2-3 minutes		✓
Triple Unders	✓	



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Competition Fees

- Foreign teams are not required to pay any competition entry fees for UJR World Championship Hong Kong.
- UJR Hong Kong will not provide bookings services for flights, accommodation, and transportation in Hong Kong.
- Participants should book flights, accommodation by themselves.



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